

40 DAYS OF GREEN SMOOTHIES

by Becky Striepe



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For Dave and Darrol Henry. My guys!

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INTRODUCTION

I usually give something up for Lent each year. I'm not particularly religious, I just really like the idea of challenging myself. In the past, I've given up things like fried foods (It was so much harder than I thought it would be!), and I always feel like I come out the other side knowing myself a bit better.

In 2012, my friend Lisa mentioned that instead of giving something up for Lent, she was planning to add something beneficial to her life: practicing yoga every morning. What a fabulous idea! Since I'd been feeling guilty lately about skipping breakfast (for shame!), I decided to do a green smoothie every morning for 40 days. After drinking a smoothie a day for almost 6 weeks I felt lighter, healthier, and more energetic than ever!

A lot of folks I've talked to about my green smoothie experiment have mentioned that they don't know where to start or that it's just too expensive to do every day, but with a little bit of planning, that doesn't have to be the case!

The troublesome thing about the daily green smoothie is keeping the house stocked with the right ingredients. You need a routine that doesn't involve frequent trips to the store. The whole idea here is to start a habit, so I'm trying to limit what you have to buy. You'll see a lot of repeat ingredients within each week and even some that repeat week-to-week, because one of the tricks to getting into the green smoothie habit is keeping it affordable and making it easy to maintain. By sticking to just a couple of fruits each week, for example, you keep your grocery bills in check.

Unlike more conventional smoothies, I go easy on the frozen fruit in many of my green smoothie recipes. Fruit is super tasty and full of nutrients, but it's also expensive, especially if you're buying all organic. Most of my smoothies only use a small amount of frozen fruit. The banana or avocado, greens, and liquid give them their bulk without breaking your budget.

I want you to come away after your 40 days not just with a new habit but with the knowledge to build your own green smoothies. In six weeks, you'll be able to concoct your own smoothies from whatever you have in the fridge, pantry, and freezer.

Ready to start your green smoothie habit? Let's get blending!

WEEK 1

This week,
you're stocking up
on staple ingredients, so
it's going to be a bit pricier
than most of the others. The
dry goods, like flax meal and chia
seeds, are going to last you ages.
They should cover at least the
first 4 weeks of this program,
if not the whole 40 days, so
don't go into sticker shock
at the store this week!

Week 1 Shopping List

1 10 oz. bag frozen pineapple

1 10 oz. bag frozen strawberries

16 ounce package of chia seeds

16 ounce package of flax meal

1/2 gallon of vegan milk

1 bunch of kale

bunch of bananas

1 Haas avocado

cocoa powder

15 ounce can of light coconut milk

Chocolate Shake, page 14



Tip: Freeze
Those Bananas!

Don't be at the mercy of what's good at the grocery store. Next time you see good, organic bananas at a decent price, stock up! You can peel and chop them up, then freeze them in an airtight container, so you'll never be out of bananas for your green smoothies. Frozen bananas give your smoothies a richer, creamier texture. Some of the smoothies in this book call specifically for frozen bananas, but you can always use fresh, if you don't have frozen. You'll just end up with a slightly different texture.

1. Strawberry Banana

Let's start things off with the basics. A typical green smoothie starts with a base (like banana or avocado), adds a touch of fruit, seeds or other plant-based protein, a handful of greens, liquid to get things moving in the blender, and ice. Simple, delicious, and easy to customize!

1 banana

1 tablespoon chia seeds

1/2 cup frozen strawberries

1/4 to 1/2 cup kale, ribs removed

1/2-1 cup water (add as needed, to get things moving)

5-6 ice cubes

2. *Bananarama*

Usually you'd use just 1/2 cup of a frozen banana, but this recipe calls for the whole shebang. A whole cup of banana gives this simple smoothie the consistency of a frozen pudding. A decadent treat!

1 cup frozen banana

1 tablespoon flax meal

1/4 to 1/2 cup kale, ribs removed

1 cup vegan milk

4 ice cubes

Tip:
Stubborn
Cubes

Got some ice cubes that refuse to blend? Most blenders have an "ice crush" or "pulse" setting that's great for busting up those stragglers.

3. *Chocolate Shake*

This smoothie's avocado and banana base means that it's extra creamy, and the cocoa powder makes it super decadent!

1/4 of a Haas avocado

1 banana

1 1/2 tablespoons cocoa powder

1 tablespoon flax meal

1/4 to 1/2 cup kale, ribs removed

1 cup vegan milk

4-5 ice cubes

4. Hello, Tropical!

The pineapple gives this smoothie a decadent kick. It may be bright green in color, but you'll barely taste the kale in this creamy green smoothie!

1/2 cup frozen banana

1 tablespoon chia seeds

1/4 to 1/2 cup of kale, ribs removed

1/2 cup frozen pineapple

1/2 cup light coconut milk

1/4-1/2 cup of water, as needed

4 ice cubes

5. *Strawberries & Cream*

Sweet strawberries with an avocado base are the stars of this simple, creamy smoothie recipe .

1/4 of a Haas avocado

3/4 cup frozen strawberries

1 tablespoon chia seeds

1/4 to 1/2 cup of kale, ribs removed

1 cup vegan milk

4 ice cubes

6. Chocolate Covered Strawberry

Another chocolatey morning! The banana and vegan milk provide the perfect amount of creaminess, and the cocoa powder gives this smoothie a decadent kick. It's like a rich, frosty, chocolate milk that's sneakily healthy!

1 banana

3/4 cup frozen strawberries

1 tablespoon cocoa powder

1 tablespoon flax meal

1/4 to 1/2 cup of kale, ribs removed

1 cup vegan milk

3 ice cubes

7. Pineapple Parfait

This is probably the greenest smoothie so far. If you still need a little more sweetness to make this smoothie tasty you can add a bit of extra pineapple. Over time your palate will adjust, but don't feel the need to rush it! This program is supposed to be a fun way to sneak in those greens.

1/4 a Haas avocado

3/4 cup frozen pineapple

1 tablespoon flax meal

1/4 to 1/2 cup of kale, ribs removed

1/2 cup lite coconut milk

1/4-1/2 cup of water, as needed

5 ice cubes

WEEK 2

You'll probably have a lot of ingredients left from last week, including enough kale to get you through part or possibly even all of this week. The next few weeks will be much easier on your grocery budget than week one, since you stocked up on pantry of staples already.

Week 2 Shopping List

1 10 ounce bag frozen raspberries

1 10 ounce bag frozen mango

1 bunch of parsley

1 bunch kale, if needed

1 bunch of bananas

1 pound bag of spinach

1/2 gallon of vegan milk

1 Haas avocado

Banana Berry Fresh, page 24



Why all the
flax and chia seeds?

Flax and chia seeds are packed with plant-based protein, omega 3s, fiber, and lots of other good-for-you stuff. It only takes a tablespoon to boost your smoothie with these super seeds! Don't worry, though.

There are other tasty ways to add protein to your smoothies.

We'll mix things up in a few weeks!

8. *Banana Berry Fresh*

More rich, frozen banana goodness! The raspberries add bit of sweetness and tang, and parsley makes this smoothie extra refreshing. Just the way to kick off week two!

1/2 cup frozen banana

1/2 cup frozen raspberries

1-2 tablespoons of fresh parsley

1 tablespoon chia seeds

1/2-1 cup water (add as needed, to get things moving)

4 ice cubes

9. *Mango Mama*

Are you already loving the parsley in your green smoothies this week? Parsley is full of awesome vitamins and minerals, and it adds a refreshing bit of oomph to any smoothie.

1/4 a Haas avocado

3/4 cup frozen mango

1-2 tablespoons of fresh parsley

1 cup vegan milk

1 tablespoon flax meal

3 ice cubes

10. Raspberry Beret

Seriously, isn't that frozen banana stellar? Frozen banana and parsley take this raspberry and banana smoothie to a whole new level of deliciousness!

1/2 cup frozen banana

1/2 cup frozen raspberries

1-2 tablespoons of fresh parsley

1/2-1 cup water (add as needed, to get things moving)

1 tablespoon flax meal

4 ice cubes

Tip: Try a
Smoothie Bowl!

You can turn any smoothie recipe into a smoothie bowl. Just pour your smoothie into a bowl instead of a glass and top with extra fruit. You can also add nuts, seeds, shredded coconut, or any other toppings that appeal to you.

11. Chocolate Covered Raspberry

Yet more fruity, chocolatey goodness. Who says that eating (and drinking!) healthy can't feel indulgent?

1/2 cup frozen banana

1 tablespoon cocoa powder

1/2 cup frozen raspberries

1/4 to 1/2 cup of fresh spinach

1 cup vegan milk

1 tablespoon chia seeds

3 ice cubes

12. *Spinach Mango*

Spinach is a nice, light green to add to your smoothies, and it gives this smoothie its vibrant, green color. With a bit of frozen fruit, you won't taste the greens one bit.

1/4 a Haas avocado

1/4 to 1/2 cup of fresh spinach

3/4 cup frozen mango

1 tablespoon flax meal

1/2-1 cup water (add as needed, to get things moving)

3 ice cubes

13. *Mango Berry Mania*

It's lucky #13! Treat yourself with an extra dose of fruity goodness. Mango and raspberry make for a super combination of sweet and tart.

1/2 cup frozen banana

1/4 cup frozen raspberry

1/4 cup frozen mango

1-2 tablespoons of fresh parsley

1 tablespoon flax meal

1/2-1 cup water (add as needed, to get things moving)

3 ice cubes

14. *Mangonana Magic*

Bananas and mangos together make this smoothie rich, sweet, and creamy. The perfect tasty treat to wrap up your second week.

1 banana

1/2 cup frozen mango

1/4-1/2 cup of spinach

1/2-1 cup water (as needed, to get things moving)

4 ice cubes

WEEK 3

We're adding
one more special
ingredient to spice up this
week's smoothies: ginger! If
ginger isn't your thing, you can
just omit it from these recipes,
but I think it adds a nice kick. This
week you're also adding some extra
spices to your pantry that we'll use
throughout the rest of the weeks.
Chances are, you already
have these new spices in
your pantry!

Week 3 Shopping List

1 10 ounce bag frozen blueberries

1 10 ounce bag frozen mango

1 bunch of bananas

1/2 gallon of vegan milk

spinach

1 bunch kale

ginger juice or fresh ginger (See the tip on the page after next.)

1 Haas avocado

ground cinnamon

ground cayenne pepper

vanilla extract

Spicy Mango Tango, page 36



Tip: Prepping Ginger

We buy ginger juice from a local juice shop here, but you can use fresh ginger instead. If you use fresh, just make a puree. This ensures that you won't have a spicy chunk of ginger lurking in your otherwise delicious smoothie. Chop up the ginger, then throw it into your blender and cover it 1/4 of the way with water (no need to peel it). Blend until smooth, and store in a jar in the fridge. It should last at least 2 weeks this way. You can also freeze it in ice cube trays and defrost, as needed. One standard ice cube is two tablespoons.

15. *Spicy Mango Tango*

Say hello to ginger! The mango and ginger team up to give this green smoothie a delicious, tropical flavor with a bit of a bite. You can increase or decrease the ginger juice, depending on how much spice you like.

1/2 cup frozen banana

1/2 cup frozen mango

1/4 to 1/2 cup of fresh spinach

1-2 tablespoons ginger juice or ginger puree

1/2-1 cup water (add as needed, to get things moving)

1 tablespoon chia seeds

2 ice cubes

16. Back to Berry Basics

This super basic smoothie really lets the sweet-tartness of those blueberries shine. If you don't find things sweet enough, you can add a bit more fruit to this simple smoothie.

1/4 of a Haas avocado

3/4 cup frozen blueberries

1/4 cup kale, ribs removed

1 cup vegan milk

1 tablespoon chia seeds

3 ice cubes

17. Mexican Iced Chocolate

You can go easier on the cayenne or leave it out entirely if a spicy smoothie doesn't appeal to you, but chocolate and hot pepper is a surprisingly delicious combination. A little maple syrup will even out the spiciness, too, so add by the teaspoon, if you find it too hot.

1 banana

1/4 to 1/2 cup of fresh spinach

1 tablespoon cocoa powder

1 cup vegan milk

1 tablespoon flax meal

pinch of cinnamon

1/8 teaspoon vanilla extract

dash of cayenne pepper

4 ice cubes

18. *Ginger Blue*

Let's keep the gingery goodness going! Sweet-and-tart blueberries complement the slightly spicy kick in this smoothie, and the banana base makes it sweet and thick.

1 banana

1/2 cup frozen blueberries

1/4 to 1/2 cup kale, ribs removed

1-2 tablespoons ginger juice or ginger puree

1/2-1 cup water (add as needed, to get things moving)

1 tablespoons flax meal

4 ice cubes

19. Vanilla Shake

Don't let the ingredients list fool you - a little vanilla extract goes a long way. This smoothie tastes so much a vanilla milkshake, it will be hard to remember that it's totally dairy free!

1 cup frozen banana

1/8 teaspoon vanilla extract

1/4 to 1/2 cup of fresh spinach

1 cup vegan milk

1 tablespoon flax meal

4 ice cubes

Tip: Stubborn
Greens

Dark, leafy greens like kale can be hard to blend down without a high speed blender. If you have a regular blender, just keep blending to get those pieces of dark-and-leafies as small as possible. It takes a bit longer but is worth it for the smoother texture.

20. *Blueberry Shake*

Adding a touch of vanilla extract takes this creamy shake-style green smoothie into milkshake territory. Yum!

1/2 cup frozen banana

1/8 teaspoon vanilla extract

1/2 cup frozen blueberries

1/4 to 1/2 cup of fresh kale, ribs removed

1 cup vegan milk

1 tablespoon flax meal

4 ice cubes

21. *Almost-Horchata*

A touch of cinnamon and vanilla plus the creamy sweetness from the bananas gives this smoothie a horchata-like flavor. If you want to get even more authentic, use rice milk today.

1/2 cup frozen banana

pinch of cinnamon

1/8 teaspoon vanilla extract

1/4 to 1/2 cup of fresh kale, ribs removed

1 cup vegan milk

1 tablespoon chia seeds

4 ice cubes

WEEK 4

This week, we are adding another plant-based protein: tahini. Tahini is a creamy butter made from sesame seeds, and it adds a lovely, subtle earthiness to a green smoothie. If tahini isn't your cup of tea, you can use any nut or seed butter that speaks to you, like peanut butter, almond butter, or cashew butter.

Week 4 Shopping List

1 10 ounce bag frozen cherries

1 10 ounce bag frozen peaches

1 bunch of bananas

1/2 gallon of vegan milk

1 bunch of collard greens

1 bunch of parsley

ginger (if you're out)

jar of tahini

Chocolate Covered Cherry, page 50



Tip: Half Smoothies

Not hungry enough for a whole smoothie? Make a half instead! Go light on the fruit, greens, liquid and ice, so you can still get your green smoothie in without making it feel like a chore! This is about starting a habit, so better to drink a half smoothie to keep up the routine than to skip a day.

22. Collard Greens 101

This is your first smoothie featuring collard greens! Collards are loaded with healthy vitamins, and they can have a bit of a strong flavor in a smoothie. Start with 1/4 cup, and make sure you remove the rib in the middle. You can up the collards as your palate adjusts.

1 banana

1/2 cup frozen peaches

1/4 cup of collard greens, ribs removed

1/2-1 cup water (add as needed, to get things moving)

1 tablespoon chia seeds

4 ice cubes

23. *Ginger Cherry Cream*

Cherries and ginger are an unexpectedly great team! The ginger really brightens up this smoothie, so you might even try upping the collards ever-so-slightly today. Maybe an extra 2 tablespoons?

1 banana

3/4 cup frozen cherries

1/4-1/2 cup of collard greens, ribs removed

1 cup vegan milk

1 tablespoon flax meal

1-2 tablespoons ginger juice or ginger puree

4 ice cubes

24. Chocolate Covered Cherry

The middle of the week can be tough, so treat yourself with a chocolatey smoothie! Chocolate and parsley might sound like an odd combination, but the chocolate's strong flavor along with the sweet cherries masks the parsley taste nicely.

1/2 cup frozen banana

1/2 cup frozen cherries

1-2 tablespoons of fresh parsley

1 cup vegan milk

1 tablespoon tahini

1 tablespoon cocoa powder

4 ice cubes

25. Cherries Jubilee

This smoothie really lets that cherry flavor shine through. Cherries and frozen bananas do a great job at covering the collards, so this might be your day to go all the way up to the full half cup!

1/2 cup frozen banana

1/2 cup frozen cherries

1/4 to 1/2 cup of collard greens, ribs removed

1/2-1 cup water (add as needed, to get things moving)

1 tablespoon tahini

4 ice cubes

Tip:
Smoothie to Go

Plan ahead for busy mornings! Put all of your ingredients except for the ice and seeds into a mason jar. In the morning, dump into the blender with ice and seeds, puree, pour back into the jar, and sip on the go!

26. Peach Party

The ginger, parsley, and peaches team up to make today's smoothie extra refreshing! This smoothie is what my sister-in-law would call "a party in your mouth."

1/4 of a Haas avocado

3/4 cup frozen peaches

1-2 tablespoons of fresh parsley

1/2-1 cup water (add as needed, to get things moving)

1 tablespoon flax meal

1-2 tablespoons ginger juice or ginger puree

4 ice cubes

27. Peachy Chocolate Blast

The sweet peaches and bananas in this smoothie offset the bitterness of the cocoa powder and parsley just beautifully.

1/2 cup frozen banana

1/2 cup frozen peaches

1-2 tablespoons of fresh parsley

1 cup vegan milk

1 tablespoon chia seeds

1 tablespoon cocoa powder

4 ice cubes

28. Peach and Cherry Cobbler

A little vanilla and a touch of cinnamon gives this rich, creamy, fruity smoothie a cobbler-like taste.

1 banana

1/2 cup frozen peaches

1/2 cup frozen cherries

1-2 tablespoons of fresh parsley

1 cup vegan milk

1/8 teaspoon vanilla extract

pinch of cinnamon

1 tablespoon tahini

3 ice cubes

WEEK 5

You're doing
an awesome job! This
is the last full week of the
challenge, and by now I'm
betting that you're getting the
hang of this green smoothie thing.
Great job! You may even want to
mix things up a bit, and I encourage
you to go for it. You've probably
got leftover fruit from previous
weeks in your freezer, so mix,
match, and add to your
heart's content!

Week 5 Shopping List

1 10 oz. bag frozen blackberries

1 10 oz. bag frozen pineapple

1/2 gallon of vegan milk

1 Haas avocado

1 bunch of bananas

1 bunch of beet greens (or Swiss chard)

1 small head of lettuce of your choice

1 15 ounce can of light coconut milk

more chia & flax seeds, if you're low

Coconut Blackout, page 62

Drink
Your
Greens!



Tip: Beet Greens Prep

Beet greens are just the leafy greens attached to a regular bunch of beets. They tend to be extra sandy because they grow close to the soil, so make sure you wash them really well. I soak mine in water, agitating them with my hands to dislodge the sand, then rinse well in a colander. It's worth the extra effort to clean these thoroughly - there's nothing less appetizing than a sandy smoothie. If you can't find beet greens, you can use Swiss chard instead.

29. *Beet Greens and Berries*

Blackberries can be on the tart side, so add an extra 1/4 cup of fruit if you're feeling like this smoothie is a little bit too green for your tastes.

1/4 of a Haas avocado

3/4 cup frozen blackberries

1/4 to 1/2 cup beet greens

1 cup vegan milk

1 tablespoon flax meal

1-2 tablespoon ginger juice or ginger puree

4 ice cubes

30. *Spicy Ginger Colada*

It's the big 3-0! Ginger and pineapple go swimmingly together in this festive smoothie. It's a real treat!

1/2 cup frozen banana

1/2 cup frozen pineapple

1/4 to 1/2 cup of beet greens

1/2 cup lite coconut milk

1/4-1/2 cup of water, as needed

1 tablespoon tahini

1-2 tablespoons ginger juice or ginger puree

5 ice cubes

31. Coconut Blackout

Lettuce has an even lighter flavor than spinach in a smoothie, so don't be shy about adding a healthy handful. Most lettuce is pretty watery, so your lettuce smoothies will be a little thinner than the green smoothies you're used to.

1 banana

1/2 cup frozen blackberries

1/2 cup of lettuce

1/2 cup light coconut milk

1/4-1/2 cup of water, as needed to get things moving

1 tablespoon chia seeds

3 ice cubes

Tip:

Save the Coconuts!

Since this smoothie only uses part of the can of coconut milk, you'll want to save the rest. You can, of course, just transfer to a container with a lid. For longer storage, though, you can pour into an ice cube tray and freeze.

Defrost in the fridge or microwave when you're ready to use the rest.

32. *Ginger Berry Iced Cocoa*

Mmmm...ginger and chocolate! This smoothie is spicy, sweet, and totally delicious. If you're hesitant about chocolate and ginger together, you can skip the ginger or reduce the amount.

1/2 cup frozen bananas

3/4 cup frozen blackberries

1/2 cup of lettuce

1/2-1 cup water (add as needed, to get things moving)

1-2 tablespoons ginger juice or ginger puree

1 tablespoon cocoa powder

1 tablespoon tahini

3 ice cubes

33. Pineapple Party

We're taking a little break from the ginger today and keeping things simple with a back-to-basics smoothie. The pineapple really shines on its own in this recipe!

1/4 of a Haas avocado

3/4 cup frozen pineapple

1/4 to 1/2 cup of beet greens

1/2-1 cup water (add as needed, to get things moving)

1 tablespoon flax meal

3 ice cubes

34. *The Kitchen Sink*

Pile on the greens and fruit today. You won't be sorry! Sweet pineapple and tart blackberries complement each other beautifully.

1/2 cup frozen banana

1/2 cup each frozen pineapple and blackberries

1/4 cup of beet greens

1/4-1/2 cup of lettuce

1/2-1 cup water (add as needed, to get things moving)

1 tablespoon chia seeds

3 ice cubes

35. Tropical Chocolate Milk

The pineapple, chocolate, and lettuce in this smoothie blend up into what tastes surprisingly like chocolate milk with a hint of pineapple goodness You're welcome!

1/2 cup frozen banana

1/2 cup frozen pineapple

1/2 cup of lettuce

1 cup vegan milk

1 tablespoon tahini

1 tablespoon cocoa powder

5 ice cubes

WEEK 6

It's the home stretch, y'all! By now, you're basically a green smoothie-making pro. This week, we are going to break the green smoothie formula. You don't always need to stick to a creamy base and frozen fruit to make a great green smoothie, and you can also leave out the flax, chia, or nut/seed butter, if you want. This week we'll mix things up, so you can see how flexible green smoothies can be!

Week 6 Shopping List

1 10 ounce bag frozen cherries

1 small cucumber

1 lemon

2 tangerines or small oranges (If the tangerines are extra tiny, get 4 of them.)

1 small apple (any kind you like!)

1 15 ounce can of pumpkin puree (or a butternut squash or pie pumpkin, if you prefer to make your own puree)

1/2 gallon of vegan milk

1 pound of spinach

small head of lettuce (if you're out)

1 Haas avocado

ginger (if you're out)

Cherry Tangerine, page 73



High Five!

You made it to week six! By now, fixing that morning smoothie is probably starting to feel like part of your normal, daily routine, as automatic as brushing your teeth. This week, I encourage you to play with the smoothie recipes using other fruits or veggies, or turn your smoothie into a smoothie bowl with whatever toppings sound good to you. Let's keep it fun, y'all!

36. *Spa Day*

Cucumber in a smoothie might sound a little bit strange, but a touch of cucumber gives this smoothie recipe a refreshing angle that I associate with the cucumber water you get at the spa.

1/2 cup cucumber pieces (peel and seeds removed)

3/4 cup frozen cherries

1/4 Haas avocado, chopped

1 tablespoon tahini

juice of 1 fresh lemon

1/4-1/2 cup water (as needed to get things moving)

4 ice cubes

37. Cherry Tangerine

This smoothie is not the prettiest, as you can see in the photo at the beginning of this chapter, but it's a great example of how even an ugly smoothie can be delicious.

1 cup frozen cherries

1/4 Haas avocado

1 small or 2 large tangerines, peeled and sectioned

1/2-1 cup water (add as needed, to get things moving)

1/2 cup spinach

1 tablespoon chia seeds

4 ice cubes

38. *We All Live in a Ginger Tangerine*

Sweet tangerine (or orange) is the perfect compliment to the spicy ginger in this energizing green smoothie.

1 small or 2 large tangerines, peeled and sectioned

1/3 cup frozen banana

1-2 tablespoons ginger juice or ginger puree

1/2 cup lettuce

1 cups vegan milk

4 ice cubes

Tip:
Try
Turmeric!

Turmeric in a smoothie might sound gross, but it's so healthy! Add a dash to any smoothie in this book for a nutritional boost.

You won't even
taste it!

39. *My Apple Pie*

Apple, cinnamon, ginger, and vanilla team up in a creamy smoothie that tastes like a glassful of apple pie. You can use any type of apple you like, so go with what looks best at the store!

1 small apple, cored and chopped (not peeled)

1/2 cup spinach

1 cup vegan milk

4 ice cubes

pinch of ground cinnamon

1 tablespoon ginger juice or ginger puree

1/4-1/2 teaspoon vanilla extract

40. Pumpkin Pie

This smoothie only uses 1/2 cup of pumpkin, so you'll have plenty left over after making it. The leftovers will freeze well. Just spread into an ice cube tray, then store the cubes in a freezer safe container. They'll keep for months!

1/2 cup pumpkin puree

1/2 cup vegan milk

1 banana

1/2 teaspoon cinnamon

1 tablespoon ginger juice or ginger puree

1 teaspoon vanilla extract

4 ice cubes

YOU DID IT!

Congratulations! If you stuck with your green smoothies every morning for 40 days, chances are they now feel less like a chore and more like part of your morning routine, just like brushing your teeth and fixing that first cup of coffee.

Congratulations on making it through all six weeks of the program. I know that some mornings the last thing that you wanted to do was take the time to blend up a smoothie, and you should be proud of yourself for sticking with it for 40 days in a row. Your insides are thanking you.

Now that you've completed the 40 days, you've probably figured out the formula for making a basic green smoothie: a handful of greens, a bit of frozen fruit, banana or avocado, seeds or seed butter (you can also use nut butters), and about 1/2 to 1 cup of liquid to create a smooth mixture.

In Week 6, you learned that you can also break that formula, when you want to. Most days, you'll be able to whip up a delicious green smoothie using whatever fruits and greens you have on hand.

The recipes in this book are aimed at keeping the cost of your green smoothies low, and you can certainly use the same strategy from here on out. But don't be afraid to mix things up once in a while! Try playing around with other fun ingredients, like different fresh herbs and dried spices or new-to-you fruits and greens.

My favorite way to come up with a new smoothie recipe is to start with a dessert that I really like. I'm sure you noticed all of the chocolate covered fruit and pie-themed smoothies in this book. That's because these are two of my favorite types of sweet treats. Think of what sweets speak to you, and go from there to create your new favorite green smoothie recipe!

Now that the program is over, you can start coming up with your own green smoothie concoctions or just start over on week one. Do what works for you, and happy blending!

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